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season have been produced at our camp theater. The Boston Symphony Company gave one of its finest concerts here during the winter; and the "movies" are always to be seen.

And yet, above, around, and behind all this, the great, the stupendous work goes on: the training of brawn and muscle, of mind and will, of all the country's manhood, that *we* may win the great fight; the fight of right, of justice. I say *we* because this is the time for the womanhood, as well as the manhood of our country, to show the material of which it is made. The Army changes no one, it simply proves what we are. To quote Newell Dwight Hillis again:

Nature permits no flower or fruit to conceal its real self. The violet frankly tells its story; the decaying fruit frankly reveals its nature.

"But the strongest man needs to 'await occasions.' The essence of all good work is timeliness," and this is our time—our opportunity. The time for, "Oh, if I were only a man!" is passed. Vast issues are involved. The world is not all a man's world. We have our part; and now is the time to "play well" our part. Our country needs our skill, our gentleness, our patience; all the virtues that centuries have stored up in us. Our womanhood is called upon for its "gentleness that is not weakness," its gentleness which is controlled strength; for its energies wisely trained, wisely used. The test of all great work is the ease with which it is done.

As I began with a quotation, let me finish with one from "The Man Without a Country":

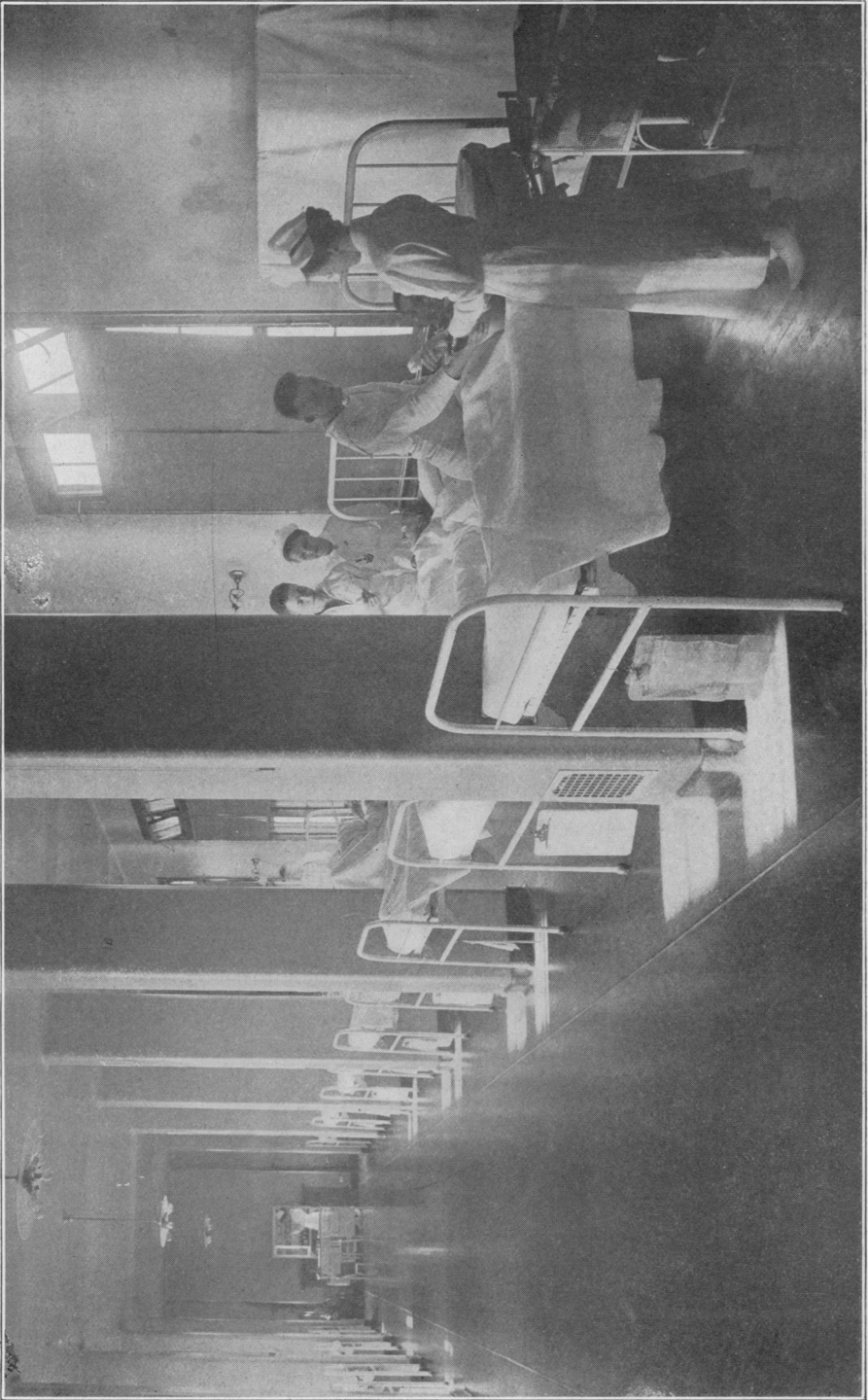
Remember, boy, that behind all these men you have to do with, behind officers, and government, and people even, there is the Country Herself, your Country; and that you belong to her as you belong to your own mother.

JOIN THE NAVY AND HELP SAVE OUR BLUEJACKETS!

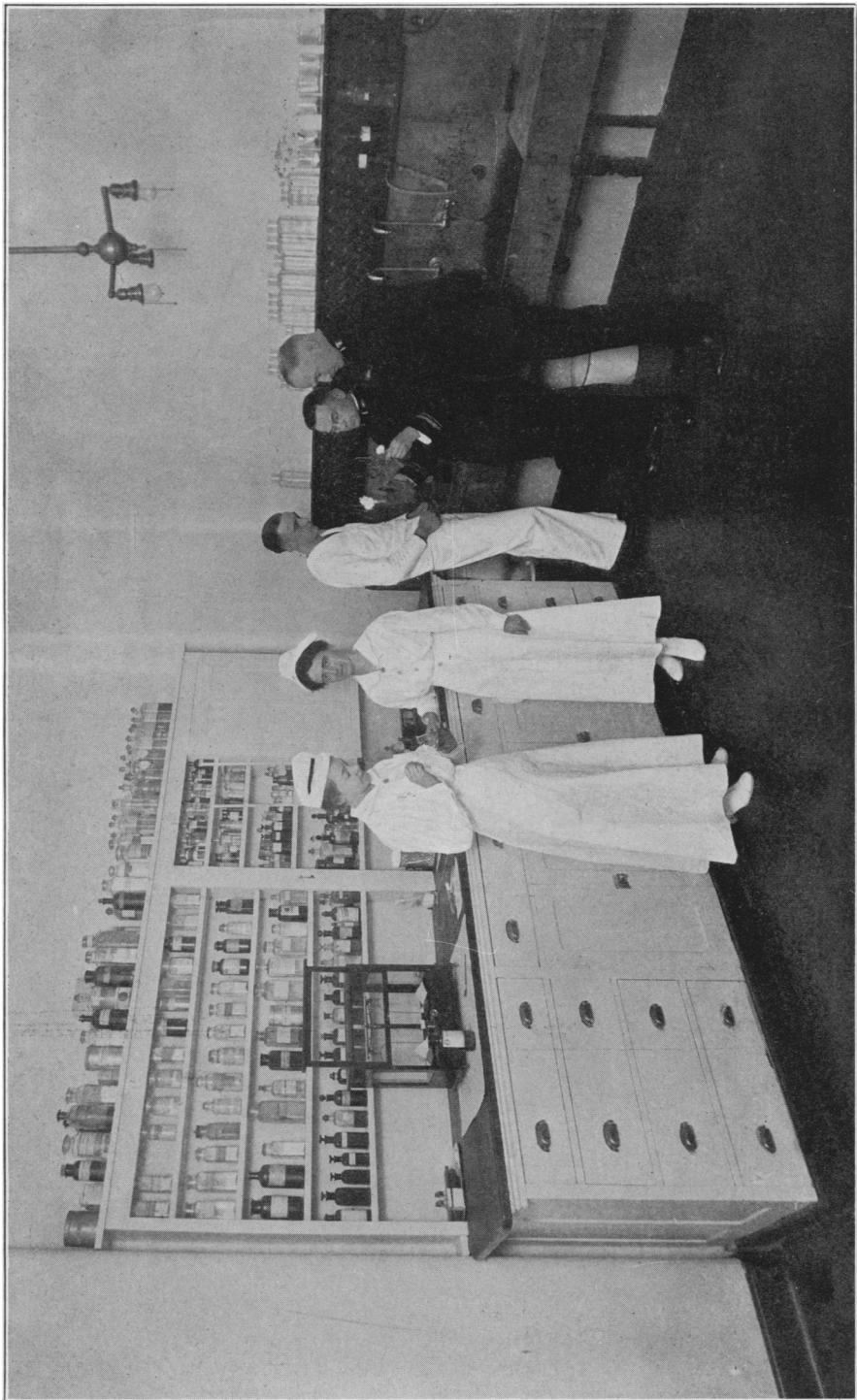
BY MARY J. MCCLLOUD

You will never regret any sacrifice that you may make in taking this advice. Sacrifice is the slogan of the day. Our American boys have given up positions, pleasure, and home in exchange for privation, loneliness, perhaps sickness and untimely death; all for patriotism. It is our duty as nurses to keep these boys from the clutches of that grim spectre, death, so far as we are able. How gladly should we answer our country's call to service! Let us not stop to analyze the conditions of this or that Naval Hospital, nor to think of the financial value of our service, but let us give freely and cheerfully of our wealth of knowledge and experience to the cause of humanity.

In the northwestern corner of the United States of America



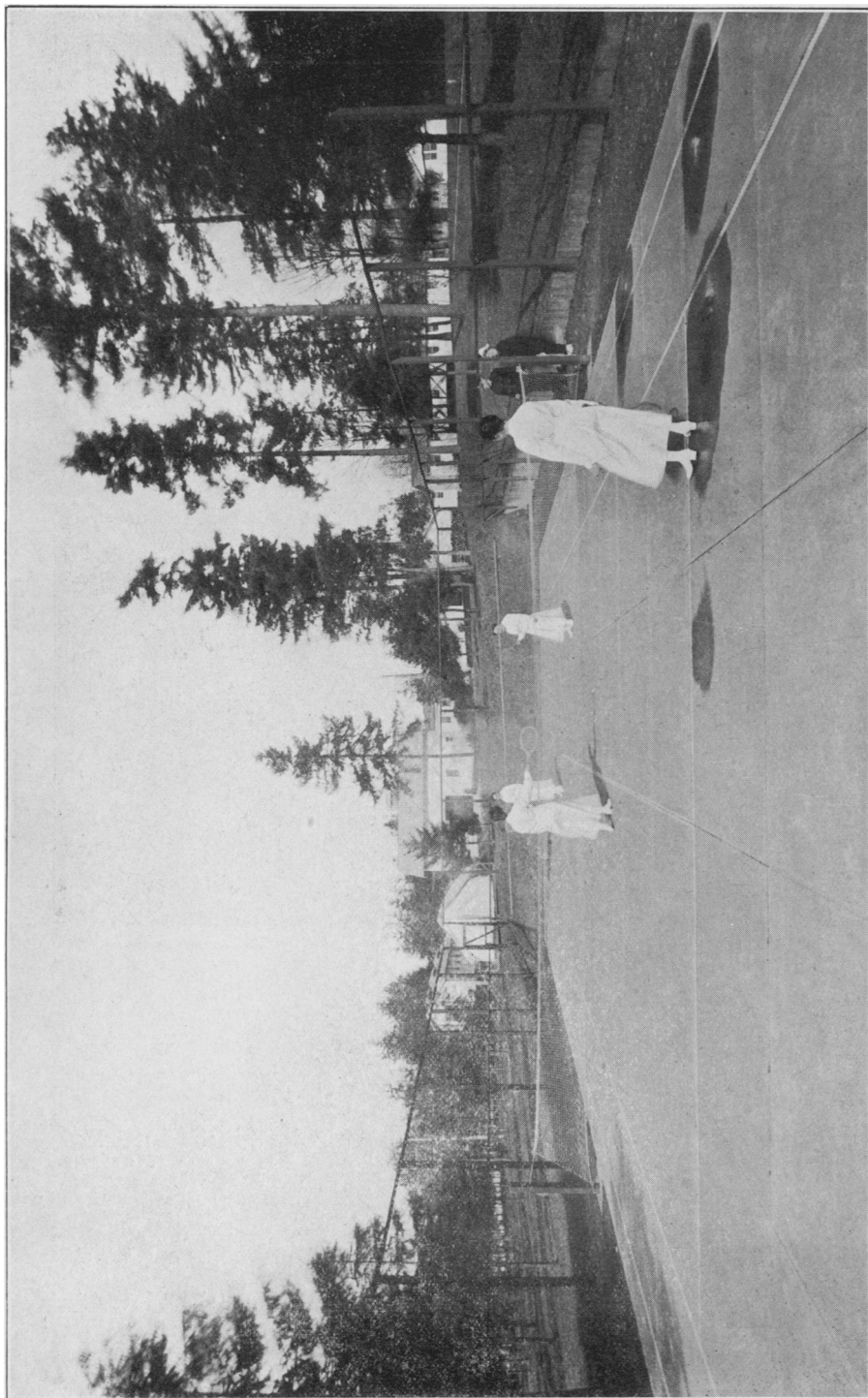
A Ward in the Naval Hospital, Puget Sound



A Drug Room

Another Type of Ward





On the Tennis Courts, Naval Hospital, Puget Sound

there is a very attractive Naval Hospital, situated on a hill studded with stately pine trees, from which can be seen a beautiful panorama embracing snow-capped mountain ranges; Puget Sound, that picturesque inland sea with its irregular coast line, and the artistic towns built upon the hillside along the shore. In this pleasant environment fifteen congenial Navy nurses are endeavoring to do their "bit" working cheerfully in the wards, operating room, laboratory, or wherever they may be assigned by the most considerate of commanding officers.

The routine duties of a Naval Hospital are the same at all posts, we instruct the hospital corps men in the care of the sick, both practically and theoretically, in the same manner that we would teach pupil nurses in a civilian hospital, and the more conscientiously we do our duty as instructors, the larger the area over which our usefulness will spread, as these hospital corps men go forth to the battleships with the instruction which we have imparted to them, and are the nursing medium in saving numbers of lives. In leisure hours, some of our number study French, with "preparedness" as their motto; others are musically inclined, practising on the mandolin, ukelele, and other instruments; soon we may have a "Jazz" band of our own. Then the alluring attractions of the Sound, bathing, boating and fishing, help to enliven our spare moments.

Entertainments are given at the Armory of the Navy Yard, where all may enjoy the best talent, and last, but not least, are the weekly dances chaperoned by the charming wife of the Commandant of the Navy Yard.

Why not join our merry company? The U. S. N. Nurses of Puget Sound Naval Hospital will give you a cordial greeting. Perhaps our work has not the stimulus of the unusual which may be found by the nurses who have gone "over there" but the service is just as creditable and just as necessary.

THE IMPRESSIONS OF A DIETITIAN IN THE NAVY

BY HARRIET S. GOULD

I was assigned to the Naval Training Camp, San Diego, Cal., on February 8 and I am enjoying every moment of my work. The ready, willing coöperation of the corps men makes work a pleasure, for every order in the diet kitchen brings the quick response "coming up" and a cheery obedience. A sense of humor in any one is the saving grace and it exists in large measure amongst the men and comes to the surface under the most trying circumstances, lightening many an irksome task; for instance, one of the boys said this morning: "Boy, I